

## Elementary Social Emotional Learning Curriculum

The framework is based on Sanford Harmony activities with the support and adaptations of administration, classroom teachers, and school counselors. Lessons are provided during as scheduled throughout the school year. The Scope and Sequence includes units by grade level in these areas:

- Communication
- Problem Solving
- Diversity and Inclusion
- Peer Relationships
- Empathy and Critical Thinking

These materials are freely available to schools.

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### Grades PreK/K

#### Unit 1: Diversity and Inclusion

**This unit is designed to help students learn diversity and inclusion skills.**

**Program Themes:** Building relationships with peers; Friendship; Building a classroom community

**CASEL Core Competencies:** Self-Management, Social Awareness, Relationship Skills,

Lesson Title	Objectives Students will be able to:
Getting to Know Each Other	Students discuss the value of getting to know all of their classmates
Discovering Commonalities	Students discuss how talking and spending time with their peers can help them find things in common with one another
Learning from Diversity	Students discuss how everyone is different in some ways and that this makes each person unique and interesting
Building Community	Students discuss what it means to belong to a community

### Grade PreK and K

#### Unit 2: Empathy and Critical Thinking

This unit is designed to help students learn empathy and critical thinking.

**Program Themes:** Identifying and recognizing feelings; understanding and developing empathy; increasing flexible thinking;

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Responsible Decision-Making

<b>Lesson Title</b>	<b>Objectives Students will be able to:</b>
Recognizing Feelings	Students learn to identify and demonstrate the physical signs of different emotions. Students discuss how various emotions look, sound, and feel, and then practice demonstrating and identifying different emotions
Predicting Feelings	Students discuss how to think ahead and predict emotions that might result from a given situation, and then practice predicting how a peer might feel in different situations.
Explaining Feelings	Students discuss how to think back to what happened first or look for situational cues in order to understand reasons for someone's feelings. Students brainstorm reasons that people can have different feelings.
Having Empathy	Students discuss what it means to have empathy for someone, and brainstorm ways to show empathy and caring to someone in different situations.
Understanding Stereotypes	Students discuss how not everyone in a group is just the same, and practice a way to respond to differences.
Understanding Stereotypes	Students discuss how everyone can make choices and discover that toys, activities, and roles can be for everyone.
Understanding That People Can Change	Students discuss the potential for growth, learning, and change in themselves and others and identify how they have changed.

## **Grade PreK and K**

### **Unit 3: Communication**

This unit is designed to help students learn communication skills.

**Program Themes:** Power of listening skills; positive and effective ways to share ideas, preferences and needs

**CASEL Core Competencies:** Self-Awareness, Self-Management, Relationship Skills,

<b>Lesson Title</b>	<b>Objectives Students will be able to:</b>
Listening to Others	Students discuss the importance of being thoughtful and careful listeners, and practice how to use whole body listening skills (eyes looking, ears listening, mouth quiet, body still).
Responding to Others	Students discuss the importance of reciprocal communication and practice "talking back and forth" with a peer.

Being Assertive	Students discuss the importance of speaking up in a respectful way and practice Speaking Up, Speaking Kindly.
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## **Grade PreK and K**

### **Unit 4: Problem Solving**

This unit is designed to help students learn problem-solving skills.

**Program Themes:** Resolving interpersonal conflicts; Collaboration and cooperation; mindfulness and self-regulation

**CASEL Core Competencies:** Relationship Skills, Responsible Decision-Making

<b>Lesson Title</b>	<b>Objectives Students will be able to:</b>
Identifying Problems	Students discuss the first two steps in solving problems (Stop, Talk), and practice identifying and stating problems presented in scenarios.
Solving Problems	Students discuss the last two steps in solving problems (Think, Try), practice generating solutions to problems presented in scenarios, and then problem-solve with a peer during a collaborative project.
Cooperating	Students discuss teamwork skills and work together on a collaborative construction activity.
Being Considerate	Students discuss being considerate of others and practice strategies for self regulation.

## **Grade PreK and K**

### **Unit 5: Peer Relationships**

This unit is designed to help students learn peer relationship skills.

**Program Themes:** Developing and maintaining positive and supportive relationships; welcoming others; forgiveness; reflecting

**CASEL Core Competencies:** Self-Awareness, Self-Management

<b>Lesson Title</b>	<b>Objectives Students will be able to:</b>
Caring for Others	Students discuss the importance of being caring toward others, and then practice giving compliments and doing something kind for a peer.
Being Inclusive	Students discuss the importance of making sure that everyone feels welcomed and included, and practice including one another in a musical game.
Making Amends and Forgiving	Students discuss the elements of making amends and then generate ways to do so in peer conflict scenarios

Reflecting and Connecting	Students discuss some of their memories, feelings, challenges, and accomplishments from the past and their hopes and goals for the future.
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**Grades 1st/2nd****Unit 1: Diversity and Inclusion**

**This unit is designed to help students learn diversity and inclusion skills**

**Program Themes:** Building relationships with peers; Friendship; Building a classroom community

**CASEL Core Competencies:** Social Awareness, Relationship Skills, Self-Management

<b>Lesson Title</b>	<b>Objectives Students will be able to:</b>
Getting to Know Each Other	Students learn the value of getting to know all of their peers. They have opportunities to share about themselves and to listen to and learn about others as they share.
Discovering Commonalities	Students learn that talking and playing with different peers can help them find things in common with one another. They have opportunities to discover what they have in common with many of their peers.
Learning from Diversity	Students learn that everyone can be different in some ways and that this makes each person unique and interesting. They discuss the value of diversity and how they can learn new things from others.
Building Community	Students discuss what it means to belong to a community, They discuss the things that make their classroom a community and together create a representation of this community.

**Grade PreK and K****Unit 2: Empathy and Critical Thinking**

This unit is designed to help students learn empathy and critical thinking.

**Program Themes:** Identifying and recognizing feelings; understanding and developing empathy; increasing flexible thinking;

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Responsible Decision-Making

<b>Lesson Title</b>	<b>Objectives Students will be able to:</b>
Recognizing Feelings	Students learn to identify the physical signs of different emotions.
Predicting And Explaining Feelings	Students learn about thinking ahead to predict and thinking back to explain their own and someone's feelings.

Relating Thoughts, Feelings, and Behaviors	Students learn the relations among thoughts, feelings, and behaviors.
Having Empathy	Students learn what it means to have empathy for someone and how to show empathy in different situations.
Understanding Stereotypes	Students learn about stereotypes about groups of people and how to respond to them.
Understanding Stereotypes	Students learn that toys, activities, and roles are for everyone.
Understanding That People Can Change	Students learn about the potential for growth, learning, and change and the importance of persistence.

### Grade 1st/2nd

#### Unit 3: Communication

This unit is designed to help students learn communication skills.

**Program Themes:** Power of listening skills; positive and effective ways to share ideas, preferences and needs

**CASEL Core Competencies:** Self-Awareness, Self-Management, Relationship Skills,

Lesson Title	Objectives Students will be able to:
Listening to Others	Students learn the importance of being thoughtful and careful listeners using their whole body listening skills.
Responding to Others	Students learn the importance of reciprocal communication and practice “talking back and forth” with a peer.
Being Assertive	Students discuss the importance of speaking up in a respectful way and practice Speaking Up, Speaking Kindly.

### Grade 1st/2nd

#### Unit 4: Problem Solving

This unit is designed to help students learn problem-solving skills.

**Program Themes:** Resolving interpersonal conflicts; Collaboration and cooperation; mindfulness and self-regulation

**CASEL Core Competencies:** Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Identifying Problems	Students discuss the first two steps in solving problems (Stop, Talk), and practice identifying and stating problems.

Solving Problems	Students discuss the last two steps in solving problems (Think, Try) and practice generating solutions to problems.
Cooperating	Students learn the benefits and necessary skills for working with others and practice collaboration.
Recognizing How Behaviors Affect Others	Students learn how their behaviors can affect others and discuss ways to compromise in order to be fair and respectful of others.

## **Grade 1st/2nd**

### **Unit 5: Peer Relationships**

This unit is designed to help students learn peer relationship skills.

**Program Themes:** Developing and maintaining positive and supportive relationships; welcoming others; forgiveness; reflecting

**CASEL Core Competencies:** Self-Awareness, Relationship Skills,

<b>Lesson Title</b>	<b>Objectives Students will be able to:</b>
Caring for Others	Students learn the importance of being caring and kind to others. They discuss how acting kind can help everyone feel good.
Being Inclusive	Students learn the importance of making sure that everyone feels welcomed and included. They discuss scenarios illustrating exclusion and brainstorm ways to help everyone feel included.
Apologizing and Forgiving	Students learn the importance of taking responsibility and showing concern and care when there is damage to a relationship. They learn how to make an apology.
Reflecting and Connecting	Students discuss some of their memories, feelings, challenges, and accomplishments from the past and their hopes and goals for the future.

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**Grades 3rd****Unit 1: Diversity and Inclusion**

**This unit is designed to help students learn diversity and inclusion skills**

**Program Themes:** Building relationships with peers; Friendship; Building a classroom community

**CASEL Core Competencies:** Social Awareness, Relationship Skills

<b>Lesson Title</b>	<b>Objectives Students will be able to:</b>
Who We Are	Students get to know one another by sharing items of importance with their classmates.
The things We Have in Common	Students identify similarities that they have with a peer in their classroom.
Learn Something New	Students learn to appreciate the value of differences by teaching and learning new skills from each other.
Classroom Team Building	Students develop a classroom team and a sense of unity by working together to develop a classroom name and motto.

**Grade 3rd****Unit 2: Empathy and Critical Thinking**

This unit is designed to help students learn empathy and critical thinking.

**Program Themes:** Identifying and recognizing feelings; understanding and developing empathy; increasing flexible thinking;

**CASEL Core Competencies:** Self-Awareness, Social Awareness

<b>Lesson Title</b>	<b>Objectives Students will be able to:</b>
Thought Connections	Students learn to identify the connection between their thoughts, feelings, and actions.
Feelings Detectives	Students learn that different people can have different feelings when faced with the same situations and practice recognizing feelings in other people.
To Think Like a Caterpillar	Students learn that personalities can change and improve (i.e., Caterpillar Mindset).
Pop That Stereotype	Students learn the problems associated with stereotype thinking and practice thinking in non-stereotyped ways.



### **Grade 3rd**

#### **Unit 3: Communication**

This unit is designed to help students learn communication skills.

**Program Themes:** Power of listening skills; positive and effective ways to share ideas, preferences and needs

**CASEL Core Competencies:** Self-Management, Relationship Skills

<b>Lesson Title</b>	<b>Objectives Students will be able to:</b>
Communication Blooper or Booster	Students learn about communication roadblocks (Communication Bloopers) and strategies (Communication Boosters).
Communication Boosters: Listening and Supporting	Students learn more about using Communication Boosters when communicating with others and practice the strategies with a partner.
Collaboration in Action	Students practice using Communication Boosters and avoiding Communication Bloopers.

### **Grade 3rd**

#### **Unit 4: Problem Solving**

This unit is designed to help students learn problem-solving skills.

**Program Themes:** Resolving interpersonal conflicts; Collaboration and cooperation; mindfulness and self-regulation

**CASEL Core Competencies:** Responsible Decision-Making

<b>Lesson Title</b>	<b>Objectives Students will be able to:</b>
The Animals of Conflict	Students identify common conflicts that occur at school and discuss different approaches to resolving them.
Stop, Think, and Cool Off!	Students practice monitoring and rating their feelings in conflict situations and learn to use Calm Breathing as a tool to regulate their emotions.
Talk it Out and Clear it Up!	Students learn a framework for how to effectively communicate their feelings and thoughts during conflict situations.
Let's Step it Up	Students practice resolving conflict using the Step It Up approach

### **Grade 3rd**

#### **Unit 5: Peer Relationships**

This unit is designed to help students learn peer relationship skills.

**Program Themes:** Developing and maintaining positive and supportive relationships; welcoming others; forgiveness; reflecting

**CASEL Core Competencies:** Relationship Skills, Self-Management, Responsible Decision-Making

<b>Lesson Title</b>	<b>Objectives Students will be able to:</b>
What Makes a Friend	Students develop an awareness of qualities in a friend that are valued by others.
Friendship Pledge	Students discuss and compare important qualities.
I've Got Your Back	Students discuss the elements of making amends and then generate ways to do so in peer conflict scenarios
Battle the Bullies	Students learn about the roles of the bully, the target, and the bystander in bullying incidents and how to respond to bullying incidents.

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**Grades 4th****Unit 1: Diversity and Inclusion**

This unit is designed to help students learn diversity and inclusion skills.

**Program Themes:** Building relationships with peers; Friendship; Building a classroom community

**CASEL Core Competencies:** Social Awareness, Relationship Skills,

<b>Lesson Title</b>	<b>Objectives Students will be able to:</b>
Who We Are	Students get to know one another by sharing items of importance with their classmates.
The things We Have in Common	Students identify similarities that they have with a peer in their classroom.
Learn Something New	Students learn to appreciate the value of differences by teaching and learning new skills from each other.
Classroom Team Building	Students develop a classroom team and a sense of unity by working together to develop a classroom name and motto.

**Grade 4th****Unit 2: Empathy and Critical Thinking**

This unit is designed to help students learn empathy and critical thinking.

**Program Themes:** Identifying and recognizing feelings; understanding and developing empathy; increasing flexible thinking;

**CASEL Core Competencies:** Self-Awareness, Social Awareness

<b>Lesson Title</b>	<b>Objectives Students will be able to:</b>
Pop that Thought Bubble!	Students learn to identify the connection between their thoughts, feelings, and actions, and to practice thinking in positive ways.
Learning About Empathy	Students practice recognizing each other's feelings and perspectives and responding to each other in understanding ways.
Caterpillar Thoughts	Students learn that personalities can change and improve (i.e., Caterpillar Mindset).

Stereotype Detectives	Students learn to identify stereotyped messages in the environment and to practice thinking in non-stereotyped ways.
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## Grade 4th

### Unit 3: Communication

This unit is designed to help students learn communication skills.

**Program Themes:** Power of listening skills; positive and effective ways to share ideas, preferences and needs

**CASEL Core Competencies:** Self-Management, Relationship Skills,

Lesson Title	Objectives Students will be able to:
Name that Communication Blooper	Students learn about communication roadblocks (Communication Bloopers) and strategies (Communication Boosters).
The Communicator	Students practice using Communication Boosters when communicating with others.
Communication in the Environment	Students practice identifying Communication Bloopers in the environment.
Collaboration in Action	Students practice using Communication Boosters and avoiding Communication Bloopers when communicating with others.

## Grade 4th

### Unit 4: Problem Solving

This unit is designed to help students learn problem-solving skills.

**Program Themes:** Resolving interpersonal conflicts; Collaboration and cooperation; mindfulness and self-regulation

**CASEL Core Competencies:** Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Watch and Learn	Students identify different conflict styles and evaluate the cost and benefits associated with each style.
Stop, Think, and Cool Off!	Students practice monitoring and rating their feelings in conflict situations and practice different relaxation strategies to assist them with regulating their emotions.
Talk it Out and Clear it Up!	Students learn a framework for how to effectively communicate their feelings and thoughts during conflict situations.

Let's Step it Up	Students practice resolving conflict using the Step It Up approach
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## Grade 4th

### Unit 5 : Peer Relationships

This unit is designed to help students learn peer relationship skills.

**Program Themes:** Developing and maintaining positive and supportive relationships; welcoming others; forgiveness; reflecting

**CASEL Core Competencies:** Relationship Skills, Responsible Decision-Making, Self-Management

Lesson Title	Objectives Students will be able to:
What Makes a Friend	Students develop an awareness of qualities in a friend that are valued by others.
Clique Busters	Students learn how social cliques can be exclusive and harmful. Students develop strategies to create a socially inclusive environment in their classroom and school.
I've Got Your Back	Students discuss the elements of making amends and then generate ways to do so in peer conflict scenarios
Battle the Bullies	Students learn about the roles of the bully, the target, and the bystander in bullying incidents and how to respond to bullying incidents.

## **Grades 5th**

### **Unit 1: Diversity and Inclusion**

This unit is designed to help students learn diversity and inclusion skills.

**Program Themes:** Building relationships with peers; Friendship; Building a classroom community

**CASEL Core Competencies:** Social Awareness, Relationship Skills

<b>Lesson Title</b>	<b>Objectives Students will be able to:</b>
Who We Are	Students get to know one another by sharing items of importance with their classmates.
The things We Have in Common	Students identify similarities that they have with a peer in their classroom.
Learn Something New	Students learn to appreciate the value of differences by teaching and learning new skills from each other.
Classroom Team Building	Students develop a classroom team and a sense of unity by working together to develop a classroom name and motto.

## **Grade 5th**

### **Unit 2: Empathy and Critical Thinking**

This unit is designed to help students learn empathy and critical thinking.

**Program Themes:** Identifying and recognizing feelings; understanding and developing empathy; increasing flexible thinking;

**CASEL Core Competencies:** Self-Awareness, Social Awareness, Relationship Skills

<b>Lesson Title</b>	<b>Objectives Students will be able to:</b>
Thought Bubbles	Students learn to identify the connection between their thoughts, feelings, and actions, and to practice thinking in positive and inclusive ways.
Walking in Someone Else's Shoes (WISES)	Students learn how to identify emotional states, understand different perspectives, and respond emotionally to others.
To Change Like A Caterpillar	Students learn that personalities and abilities can change and improve (i.e., Caterpillar Mindset).

Thinking Outside the Box	Students learn about the problems associated with stereotypes and develop strategies to prevent the negative consequences of stereotyping.
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## Grade 5th

### Unit 3: Communication

**Program Themes:** Power of listening skills; positive and effective ways to share ideas, preferences and needs

**CASEL Core Competencies:** Self-Management, Relationship Skills,

Lesson Title	Objectives Students will be able to:
Name that Communication Blooper	Students learn about communication roadblocks (Communication Bloopers) that can occur when communicating with others.
The Communicator	Students learn effective strategies to use (Communication Boosters) when communicating with others.
Communication in the Media	Students practice identifying Communication Boosters and Bloopers in the media.
Collaboration in Action	Students practice using Communication Boosters when communicating with others.

## Grade 5th

### Unit 4: Problem Solving

This unit is designed to help students learn problem-solving skills.

**Program Themes:** Resolving interpersonal conflicts; Collaboration and cooperation; mindfulness and self-regulation

**CASEL Core Competencies:** Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
The Animals of Conflict	Students identify different conflict styles and evaluate the costs and benefits associated with each style.
Name That Conflict Style	Students recognize their own conflict style and practice identifying the consequences associated with each style.
Step It Up	Students learn a step-by-step approach to effectively resolve conflicts with others.

Practice Makes Perfect	Students practice resolving conflict using the Step It Up approach
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## Grade 5th

### Unit 5 : Peer Relationships

This unit is designed to help students learn peer relationship skills.

**Program Themes:** Developing and maintaining positive and supportive relationships; welcoming others; forgiveness; reflecting

**CASEL Core Competencies:** Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
What Makes a Friend	Students develop an awareness of qualities in a friend that are valued by others.
I've Got Your Back	Students identify the existing support in their classroom and practice ways to provide support to peers.
Talk it Out	Students discuss the value of creating friendships with diverse peers
Battle the Bullies	Students learn the costs associated with bullying and identify strategies for coping with bullying behavior. Students learn about the roles of the bully, the target, and the bystander in bullying incidents.